

Women's Information Service

The "What's On" page provides details of services and activities for women of SA **Monday 5th November 2018**
All programs are free/low cost unless otherwise noted.

| <u>Program</u> | <u>Description</u> | <u>Provider</u> | <u>Location</u> | <u>Dates</u> |
|---|--|--|--------------------------------|---|
| Family violence support group for women | Explore the effect of violence & abuse. Non-judgmental. Share strategies. | Uniting Communities, ph. 8202 5190 | Adelaide CBD | 2 nd Thursday of each month |
| Women are Strong | A confidential and safe support group for women who are, or have been in a domestic violence situation | Onkaparinga Collaborative Approach, ph. 8215 6310 | Christies Beach | Fridays starting 26 th October |
| The Surviving & Thriving Play Group | A free supported playgroup for mums & children aged 0-5 yrs. Where the mums are survivors of DV. | Hackham West Children's Centre, ph. 8382 6161 | Hackham West | Wednesdays |
| Pathways to Empowerment | A 9 week course for women who have experienced domestic violence. Includes creative activities to help think about hopes, values and skills. | Zahra Foundation, ph. 8352 1889 | CBD or Salisbury | Wednesdays |
| Baby and Me | Free program supporting mothers of children under 5 after family and domestic violence | Relationships Australia SA Ph. 8255 3323 | Location to be advised | Tuesdays starting 23 rd October |
| C.A.L.D. for CALD Women Program | An intercultural, art-based life-coaching program for CALD Women who have experienced domestic violence | Women's Safety Services SA, ph. Haroula 8268 7700 or haroulac@womenssafetyservices.com.au | Location supplied upon request | Thursdays |
| White Ribbon Clothesline project | Express your feelings about domestic violence while decorating a shirt to be placed on a clothesline in the library to raise awareness and help end the silence. | Semaphore and Greenacres Libraries 8405 6540 Booking Essential | Semaphore and Greenacres | 18 th November (Semaphore) 15 th November (Greenacres) |
| Zahra Foundation Financial counsellor at WIS | Providing financial support and assistance to women who have experienced domestic violence. | Zahra Foundation ph. 8352 1889 | CBD and other locations/days | Thursdays at WIS |
| Glad To Be Me | Discover your qualities & strengths; feel good about you; please book for program & crèche | Community Connections, ph. 8186 6944 | Hackham | Starts 5 th November |
| New Roads – New ideas for change | Come and join New ROADS in November for delicious food and good conversation. Learn about New ROADS drug and alcohol programs. 18+ Women Only | Uniting Communities Ph. 8202 5690 | Christies Beach | 8 th , 15 th and 22 nd November |
| Dealing with Anxiety Support Group | Examining the impact of anxiety and the methods for dealing with it | Centacare Ph. 8261 0993 | Gilles Plains | Fridays |
| Recovery Support Group for Eating Disorders | Monthly support group to discuss & share your feeling; learn or share strategies for recovery. \$20/session. | Butterfly Foundation, please register – ph. The National Helpline 1800 334 673 or support@thebutterflyfoundation.org.au | Glenside | 2 nd Tuesday of each month |
| Carers Support Group for Eating Disorders | This is a safe space where you can talk about your feelings & find connection with others. \$20/session. | Butterfly Foundation, please register – ph. The National Helpline 1800 334 673 or support@thebutterflyfoundation.org.au | Glenside | 1st & 3rd Tuesday /month |

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| Carer Support Program | Delivered over 7 sessions covering issues facing carers as they manage the impact of mental illness | Skylight Ph. 8378 4100 | Christies Beach | Tuesdays starting 30 th October |
| Partner Program | Four week program for couples wanting to maintain, strengthen or restore their relationship when mental illness is present. Cost involved dependant on concession | Skylight Foundation 8378 4100 | Wayville | Thursday evenings Starting 15 th November |
| Art Therapy | Free art therapy to clients of SHINE SA | SHINE SA – Charlie Hope To book ring 1300 794 584 | Woodville and Davoren Park | Mondays, Wednesday, Thurs. & Friday |
| Exploring Depression using creativity | This workshop explores your perspective of depression using art mediums. Endeavour to escape the self-debilitating thoughts and view your world differently | Centacare 8261 0993 | Gilles Plains | 22 nd November |
| Emotional Wellbeing and Resilience | A dynamic free program exploring ways to achieve emotional well-being – 5 wks. | Uniting Communities Ph. 8384 1065 | Hackham West Comm. Centre | Wednesdays |
| Parenting Together | A communication-based parenting program. Run over 4 sessions | Relationships Australia SA Ph. 8255 3323 | Ingle Farm | Starting 30 th October |
| “Caring for Kids” First Aid Course | Course starting 20 th November pending registration; crèche available; please book; \$35 | Woodcroft Heights Children’s Centre, ph. 8381 8005 | Woodcroft | Expression of interest by 6 th November |
| Gaming Addiction Seminar | Presented by the world’s leading authority in Gaming Addiction and Healthy Gaming | City of Playford https://bit.ly/2qvQmZT | Elizabeth | 7 th November |
| Being with Big Feelings | Supporting parents to better understand the emotional world of children. | Woodcroft Heights Children’s Centre ph. Carla 8381 8005 | Woodcroft Heights | Nov 22 nd Dec 6 th |
| KidStuff – for parents under 23 years | Meet other young mums (& pregnant mums) & dads; discover new ways to care for your child. Free lunch & crèche. | Talking Realities/Angle Park –, ph. 8243 5637 or 0422 002 561 Metro Youth Health/Christies Beach, ph. 8326 6053 | Angle Park or Christies Beach | Fridays, starts 2 nd November |
| NDIS Information Session | Information about the NDIS and other supports available for people with disabilities. | Hutt Street Library Ph. 0447 095 239 to book | Hutt Street | Friday 9 th November |
| Free Private Rental Information Session | Free information session (tenancy information and advice) for people 25 and under. | Junction Australia Ph. 8392 3000 | Christies Beach | Tues. 13 th November |
| Come along to our Yarning Group | A safe place to come have a cuppa some afternoon tea and yarn. | OSB Primary School, ph. Milly 8382 5888 | O’Sullivan Beach | Thursdays |
| Learn 4 Your L’s | Weekly sessions to help with the knowledge you need to pass your Learner’s Permit – 16-25 y.o. | Wardli Youth Centre, ph. 8186 5133 or chrisitedownsyouth@onkaparinga.sa.gov.au | Christie Downs | Starts 24 th October |
| Elder Information Session | Free information session that will help you understand how to safeguard your independence as you grow older | Relationships Australia ph. 8419 2000 | Adelaide | Thursday 22nd November |
| Food for Line | Practical program to learn essential nutrition information to help cook fresh, healthy and inexpensive meals for the whole family. | Salisbury East Neighbourhood Centre 8406 8484 | Salisbury East | Thursday mornings starting 15 th November |



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